
Healthy Aging at the Library: Connecting Older Adults to Health Information

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Overview

- Who We Are
- Aging in America
- Health Literacy
- Health Resources
- Patient Engagement
- Library Programs/Services

[Presentation Resources](https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations)

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>

Who We Are

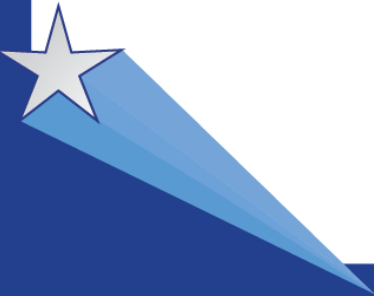


NIH

NLM

NNLM

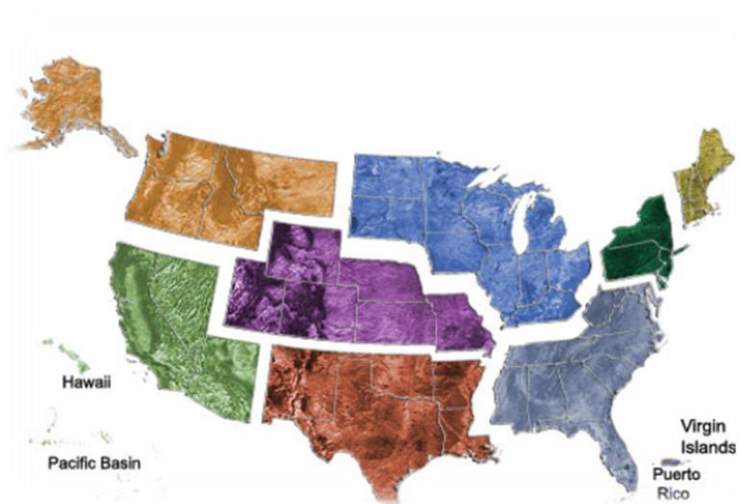
What's the difference?





The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information.
- Improving the public's access to information to enable them to make informed decisions about their health.



[NNLM PNR](https://nnlm.gov/pnr)

<https://nnlm.gov/pnr>

Early Boomers reached 65 in 2011



According to the CDC

- Number of 65+ Americans will double in 25 years
- By 2030, older adults will be 20% of the U.S. population.
- 2/3 older Americans have multiple chronic conditions



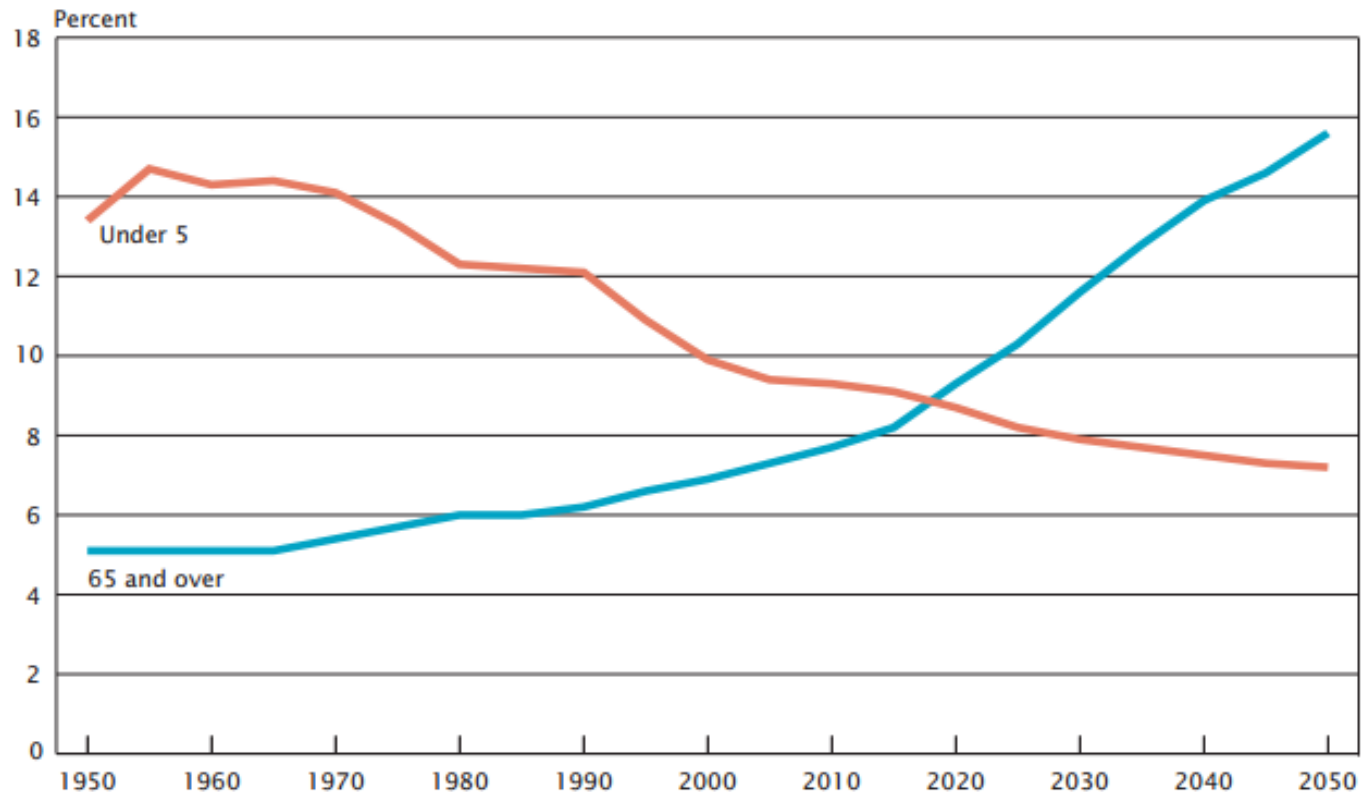
[CDC webpage on Healthy Aging](http://www.cdc.gov/aging/index.html)

<http://www.cdc.gov/aging/index.html>

Aging Trends

Figure 2-3.

**Young Children and Older People as a Percentage of Global Population:
1950 to 2050**



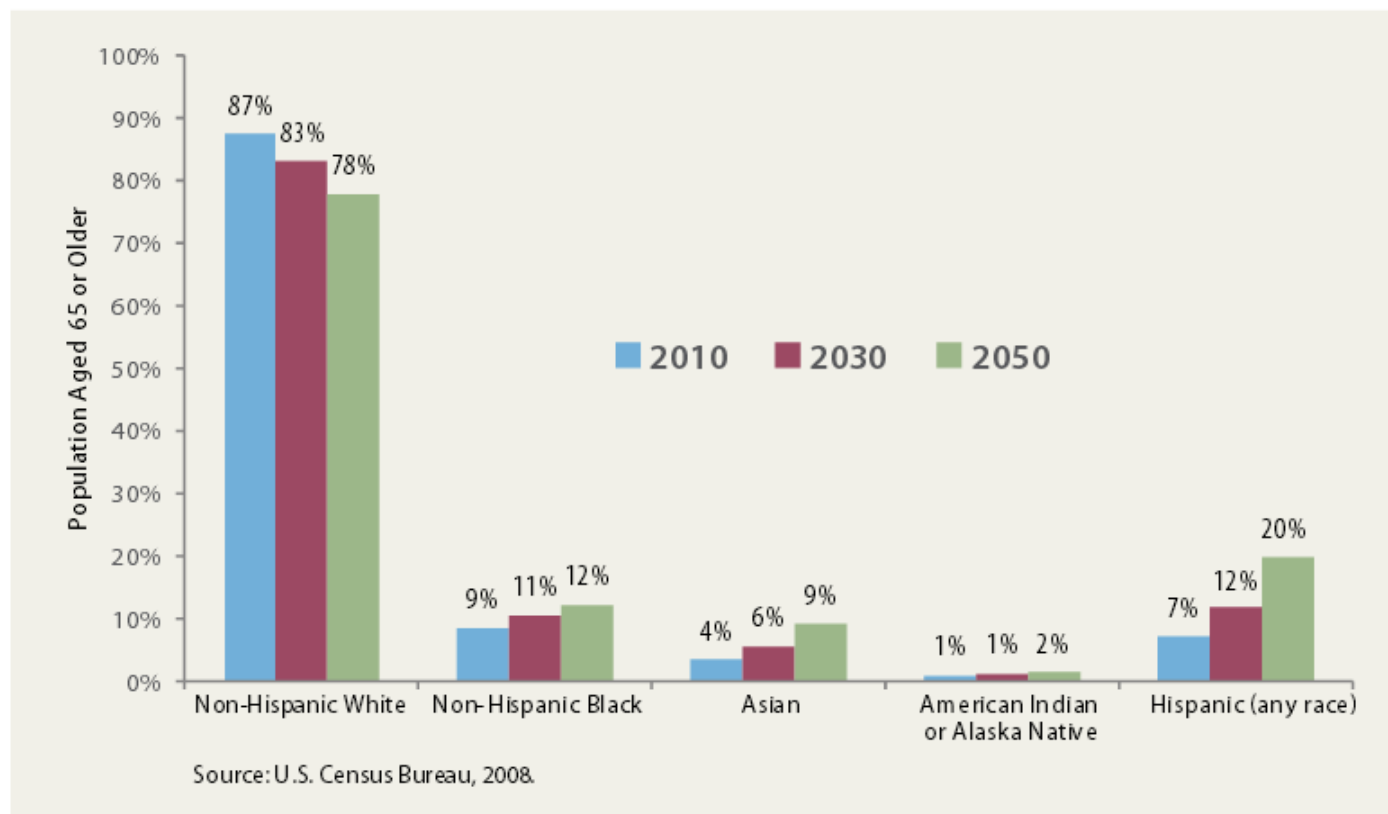
Source: United Nations, 2013.

[U.S. Census Bureau](http://www.census.gov/content/dam/Census/library/publications/2016/demo/p95-16-1.pdf)

<http://www.census.gov/content/dam/Census/library/publications/2016/demo/p95-16-1.pdf>

More Racially and Ethnically Diverse

Figure 1. U.S. population aged 65 years or older and diversity, 2010–2050



[CDC State of Aging & Health in America](http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf)

<http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf>

Rural Health Disparities

- Higher incidence of disease and disability
- Higher rates of pain and suffering
- Poor health behaviors
- Lower life expectancy
- Fewer health care options



[Rural Health Information Hub about rural health disparities](https://www.ruralhealthinfo.org/topics/rural-health-disparities)

<https://www.ruralhealthinfo.org/topics/rural-health-disparities>

Chronic Health Conditions

- Heart Disease
- Cancer
- Chronic bronchitis or emphysema
- Stroke
- Diabetes mellitus
- Alzheimer's disease

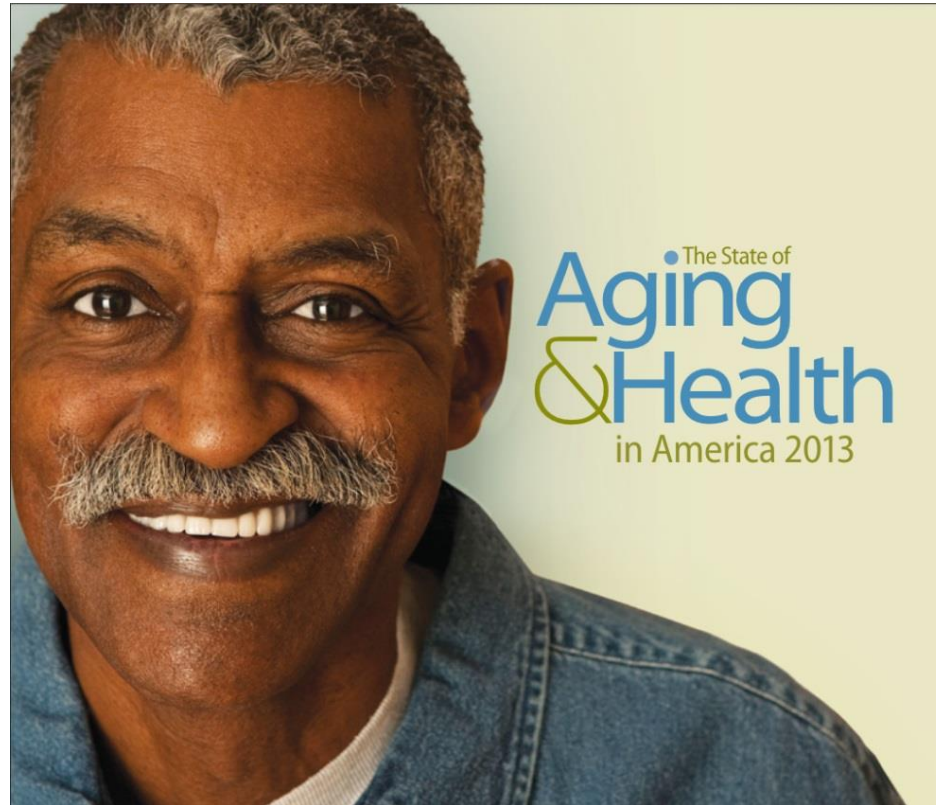


As well as...

- Multiple Health Conditions
- Falls
- Mobility
- Mental Health
- Excessive Alcohol Intake
- Cannabis and other Drug Usage



CDC Healthy Aging



[CDC The State of Aging and Health in America](https://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf)

<https://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf>

Health Literacy



Health Literacy

- “Degree to which individuals have the capacity to obtain, communicate, process, and understand basic health information and services needed to make appropriate health decisions.”

Health literacy affects a person's ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
- Share personal information, such as health history, with providers
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk



[Quick Guide to Health Literacy](https://health.gov/communication/literacy/quickguide/factsbasic.htm)

<https://health.gov/communication/literacy/quickguide/factsbasic.htm>

Low Health Literacy



Why is an understanding of Health Literacy important for older adults?

- Adults age 65 and older have lower health literacy scores than all other age groups
- Only 3% of older adults surveyed had proficient health literacy skills

[The 2003 National Assessment of Adult Literacy](http://nces.ed.gov/naal/)

<http://nces.ed.gov/naal/>



Health Literacy - additional factors

- Vision and hearing
- Cognitive abilities
- Physical disabilities
- Multiple health conditions
- Medications
- Comfort level talking to doctors
- Internet/technology comfort levels



Costs of Low Health Literacy

- Annual health care costs for individuals with low literacy skills are 4 times higher
- Patients with low literacy skills were observed to have a 50% increased risk of hospitalization
- Patients with low health literacy and chronic diseases have less knowledge of their disease and fewer correct self-management skills

[NPSF Ask Me 3 Resources: Stats at a Glance](https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3_Stats_English.pdf)

https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3_Stats_English.pdf

Recognizing easy to read materials

Manage your diabetes

Many people avoid the long-term problems of diabetes. Work with your health care team to reach your goals.

- **Use your diabetes meal plan.** If you do not have one, ask your doctor about one.
- **Eat healthy foods** such as fruits and vegetables without the skin, dry peas or beans, whole grain bread, and cheese.
- **Keep fish and lean meat and poultry portion** (size of cards). Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grain bread, pasta.
- **Get 30 to 60 minutes of physical activity** on most days. A great way to move more.
- **Stay at a healthy weight** by using your meal plan.
- **Take medicines even when you feel good.** Ask your doctor to prevent a heart attack or stroke. Tell your doctor if you have any side effects.
- **Check your feet every day** for cuts, blisters, or sores. Tell your health care team right away about any sores that do not heal.
- **Brush your teeth and floss every day** to avoid gum disease.
- **Check your blood glucose.** You may want to use the card at the back of this booklet to keep a record. Be sure to take this record to your doctor visits.
- **Check your blood pressure** if your doctor advises.
- **Report any changes in your eyesight** to your doctor.

What should I do each day to stay healthy with diabetes?



Follow the healthy eating plan that you and your doctor or dietitian have worked out.



Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.

ABCs (+U) of Evaluation

- Accuracy
- Authority
- Bias
- Currency
- Coverage
- **Usability**



[NN/LM Evaluating Health Websites:](https://nnlm.gov/professional-development/topics/health-websites)

<https://nnlm.gov/professional-development/topics/health-websites>

Evaluate Resources for Usability

- Font size
- Glare-free background color/paper
- Clear organization
- “White” space
- Short sentences
- Jargon-free, definitions of medical terms included
- Information in short segments
- Meaningful images



Evaluation of Health Resources

[Important Safety Information](#) | [Prescribing Information](#) | [FAQs](#) | [Contact Us](#) | [Glossary](#) | [Shop](#) | [Tell a Friend](#)

HOME ABOUT HAVIDOL YOU AND HAVIDOL RESOURCES

HAVIDOL®

(avafynetyne HCl)
20mg tablets and suppositories

WHEN MORE IS NOT ENOUGH

HAVIDOL IS THE FIRST AND ONLY TREATMENT FOR DYSPHORIC SOCIAL
ATTENTION CONSUMPTION DEFICIT ANXIETY DISORDER (DSACDAD)

Use the ZING SELF ASSESSMENT TOOL

 **Take the Quiz**

New!
HAVIDOL
gift ideas
in the shop

IMPORTANT SAFETY INFORMATION
Problems can be avoided if you take HAVIDOL only when you are able to immediately benefit from its effects. To fully benefit from HAVIDOL patients are encouraged to engage in activities requiring exceptional mental, motor, and consumptive coordination. HAVIDOL is not for you if you have abruptly stopped using alcohol or sedatives. Havidol should be taken indefinitely. Side effects may include mood changes, muscle strain, extraordinary thinking, dermal gloss, impulsivity induced consumption, excessive salivation, hair growth, markedly delayed sexual climax, inter-species communication, taste perversion, terminal smile, and oral inflammation. Very rarely users may experience a need to change physicians. Talk to your doctor about HAVIDOL.

Did you know...?
DSACDAD can be a progressive condition that can get worse over time.

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visitors 00746348
HAVIDOL is a trademark of Paradise PHARMED A Division of FUTURE PHARMS INC

Havidol

<http://havidol.com/>

MedlinePlus

- Links to reliable, authoritative health websites
- Health Topics for Seniors
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!



[MedlinePlus](https://medlineplus.gov/)

<https://medlineplus.gov/>

MedlinePlus Magazine



[MedlinePlus Magazine](https://medlineplus.gov/magazine/index.html)

<https://medlineplus.gov/magazine/index.html>

NIH Senior Health

- Health information for older adults
- Partnership of National Institute on Aging and National Library of Medicine
- Information comes from National Institutes of Health
- Senior-friendly features (large text, sound, contrast)
- Information in bite-sized pieces

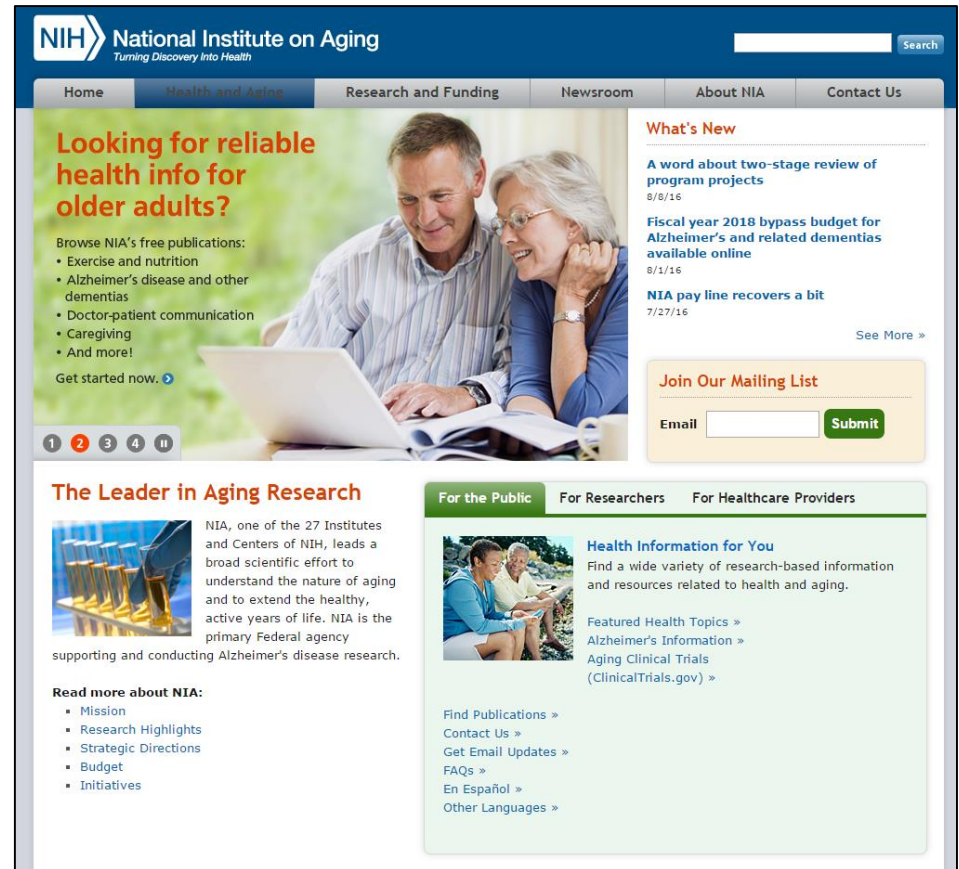
The screenshot shows the NIH Senior Health website. At the top, there is a navigation bar with links for 'Skip Navigation', 'Help', 'Home', 'Health Topics A-Z', 'Videos A-Z', 'About Us', and 'Contact Us'. A search bar is located on the right. Below the navigation bar is a large banner with the text 'NIH SeniorHealth' and 'Built with You in Mind', accompanied by an image of four older adults. Below the banner are links for 'Resize Text' and 'Change Contrast'. The main content area is titled 'Health Topics by First Letter' and includes a list of letters from A to Z. Below this is a 'Categories' section with links for 'Bones and Joints', 'Cancer', 'Diseases and Conditions', 'Healthy Aging', 'Heart and Lungs', 'Memory and Mental Health', 'Treatments and Therapies', 'Vision and Hearing', and 'All Topics A-Z'. To the right of the categories is a 'Featured Topic' section with an image of a woman and the text 'Bladder Health'. Below the categories are three sections: 'Exercise Stories' with a description and a small image, 'Health Videos' with a description and a small image, and 'Free Tips on Healthy Aging' with a link to 'Sign up here for free tips on healthy aging from NIH SeniorHealth' and a small image of a person using a computer. To the right of the 'Free Tips' section is a 'Training Tools' section with a description and a small image of a person using a computer. At the bottom of the page, there is a footer that reads: 'This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the'.

[NIH Senior Health](http://nihseniorhealth.gov)

<http://nihseniorhealth.gov>

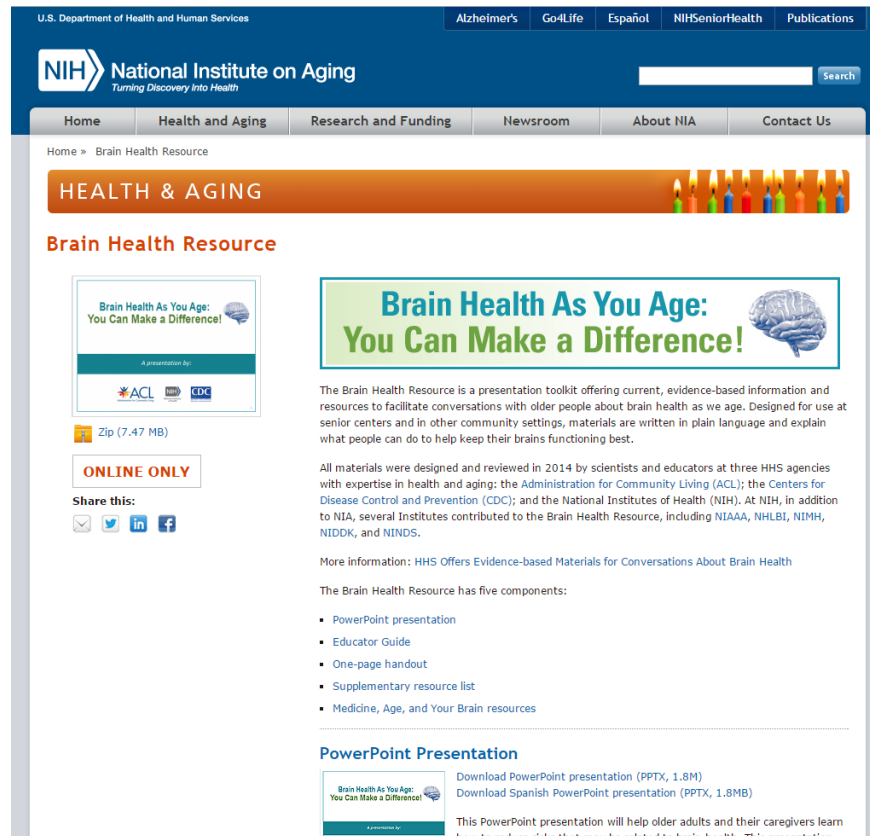
National Institute on Aging

- Health Topics
- Free publications
- Alzheimer's Information
- Brain health



[National Institute on Aging](https://www.nia.nih.gov/)
<https://www.nia.nih.gov/>

Brain Health Resource



The screenshot shows the National Institute on Aging (NIA) website. The header includes the U.S. Department of Health and Human Services logo, navigation links for Alzheimer's, Go4Life, Español, NIA Senior Health, and Publications, and a search bar. The main navigation bar lists Home, Health and Aging, Research and Funding, Newsroom, About NIA, and Contact Us. The page title is "Brain Health Resource". A prominent orange banner reads "HEALTH & AGING". Below this, the "Brain Health Resource" section features a presentation titled "Brain Health As You Age: You Can Make a Difference!" by ACL, CDC, and NIA. The presentation is available as a Zip file (7.47 MB) and is marked "ONLINE ONLY". Social media sharing options for email, Twitter, LinkedIn, and Facebook are provided. The text describes the resource as a presentation toolkit offering current, evidence-based information and resources to facilitate conversations with older people about brain health. It mentions that materials were designed and reviewed in 2014 by scientists and educators at three HHS agencies: ACL, CDC, and NIA. A list of five components is provided: PowerPoint presentation, Educator Guide, One-page handout, Supplementary resource list, and Medicine, Age, and Your Brain resources. A section titled "PowerPoint Presentation" offers download links for the PowerPoint presentation (PPTX, 1.8M) and the Spanish PowerPoint presentation (PPTX, 1.8MB). A brief description states that the presentation will help older adults and their caregivers learn how to reduce risks related to brain health.

U.S. Department of Health and Human Services

Alzheimer's Go4Life Español NIA Senior Health Publications

NIH National Institute on Aging
Turning Discovery Into Health

Home Health and Aging Research and Funding Newsroom About NIA Contact Us

Home > Brain Health Resource

HEALTH & AGING

Brain Health Resource

Brain Health As You Age:
You Can Make a Difference!

A presentation by:

ACL CDC

Zip (7.47 MB)

ONLINE ONLY

Share this:

✉ 🐦 in f

The Brain Health Resource is a presentation toolkit offering current, evidence-based information and resources to facilitate conversations with older people about brain health as we age. Designed for use at senior centers and in other community settings, materials are written in plain language and explain what people can do to help keep their brains functioning best.

All materials were designed and reviewed in 2014 by scientists and educators at three HHS agencies with expertise in health and aging: the Administration for Community Living (ACL); the Centers for Disease Control and Prevention (CDC); and the National Institutes of Health (NIH). At NIH, in addition to NIA, several Institutes contributed to the Brain Health Resource, including NIAAA, NHLBI, NIMH, NIDDK, and NINDS.

More information: HHS Offers Evidence-based Materials for Conversations About Brain Health

The Brain Health Resource has five components:

- PowerPoint presentation
- Educator Guide
- One-page handout
- Supplementary resource list
- Medicine, Age, and Your Brain resources

PowerPoint Presentation

Download PowerPoint presentation (PPTX, 1.8M)
Download Spanish PowerPoint presentation (PPTX, 1.8MB)

Brain Health As You Age:
You Can Make a Difference!

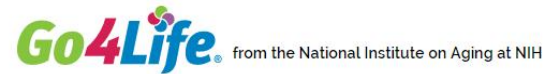
A presentation by:

This PowerPoint presentation will help older adults and their caregivers learn how to reduce risks that may be related to brain health. This presentation.

[Brain Health Resource](https://www.nia.nih.gov/health/publication/brain-health-resource)

<https://www.nia.nih.gov/health/publication/brain-health-resource>

Go 4 Life

[Get Started](#)[Try These Exercises](#)[Go to My Go4Life](#)[Get Free Stuff](#)[Be a Partner](#)

Be an exercise role model!

Motivate others to get excited about exercise.

[GET INSPIRED!](#)

MOTIVATION

Are you a health professional? Your patients are listening!

Find out how to motivate patients to be more active. [→](#)



ACTIVITIES

Don't just sit at work—get moving with your co-workers!

Learn how to be more active during your work day. [→](#)



EXERCISE

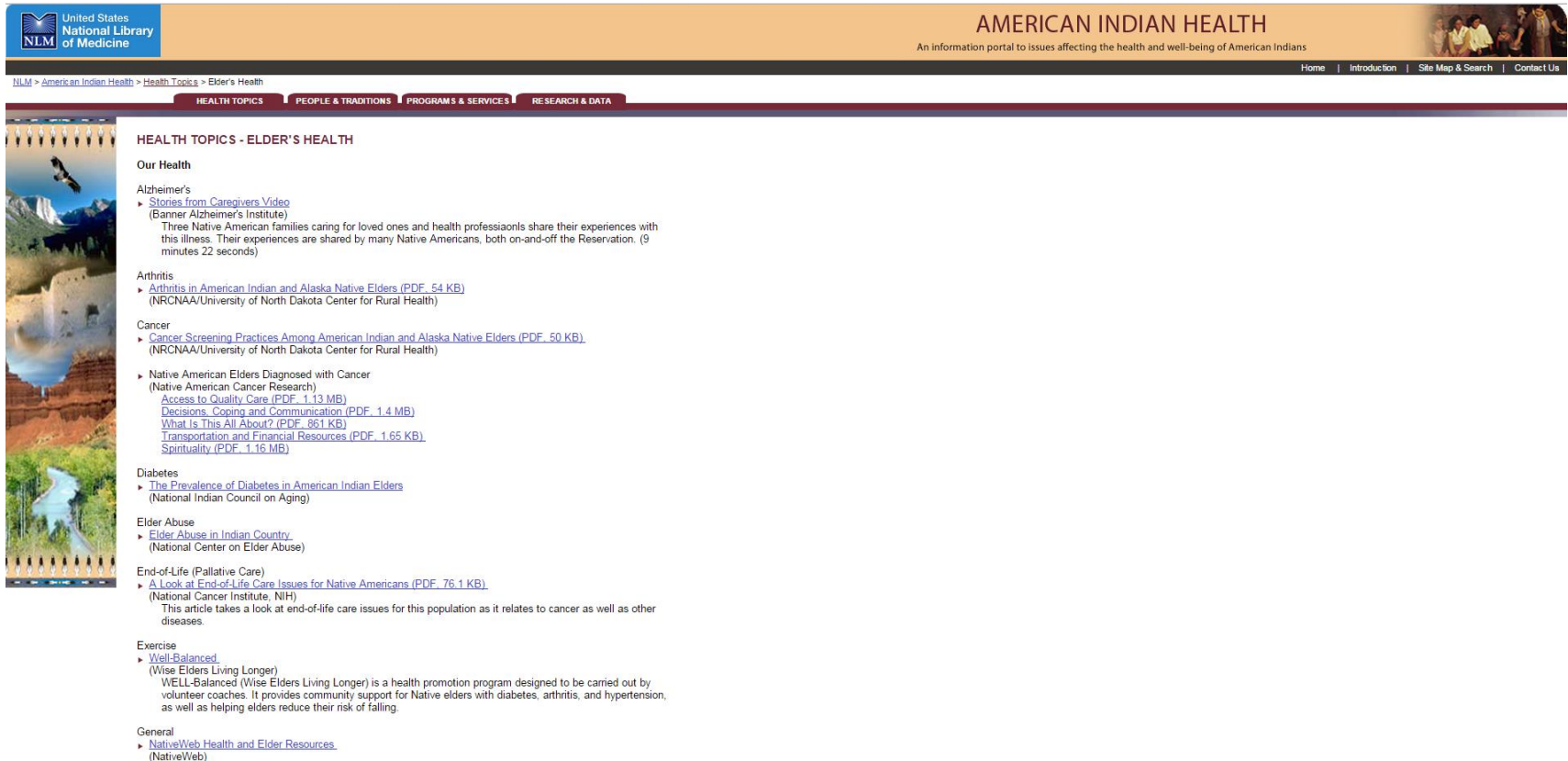
Balance exercises can help you with activities like climbing stairs and avoiding falls.

Read about ways to build your balance. [→](#)

[Go 4 Life](#)

<https://go4life.nia.nih.gov/>

American Indian Health



The screenshot displays the 'AMERICAN INDIAN HEALTH' website. The header includes the NLM logo and the title 'AMERICAN INDIAN HEALTH' with the subtitle 'An information portal to issues affecting the health and well-being of American Indians'. Navigation links for Home, Introduction, Site Map & Search, and Contact Us are present. The main content area is titled 'HEALTH TOPICS - ELDER'S HEALTH' and lists various health topics with links to related resources.

HEALTH TOPICS - ELDER'S HEALTH

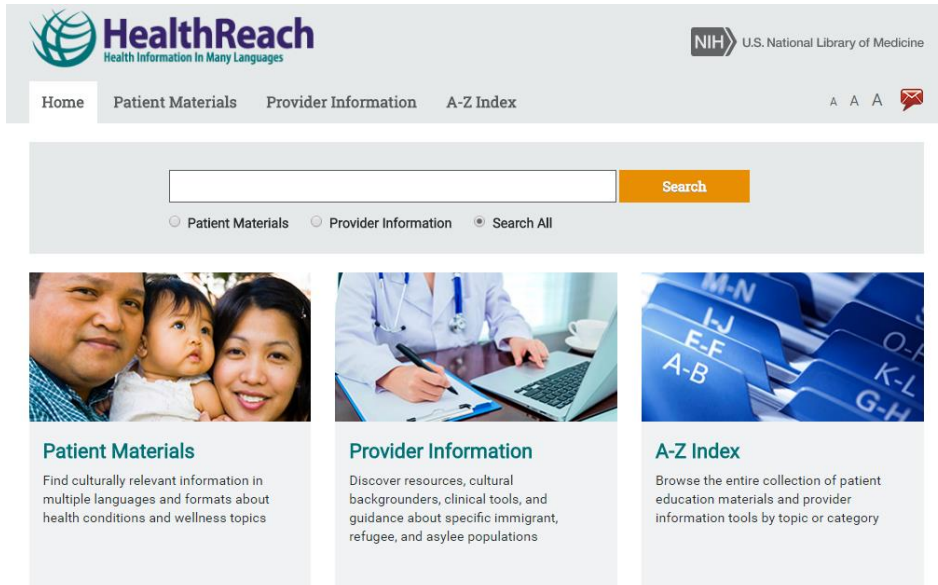
Our Health

- Alzheimer's
 - [Stories from Caregivers Video](#) (Banner Alzheimer's Institute)
Three Native American families caring for loved ones and health professionals share their experiences with this illness. Their experiences are shared by many Native Americans, both on-and-off the Reservation. (9 minutes 22 seconds)
- Arthritis
 - [Arthritis in American Indian and Alaska Native Elders \(PDF, 54 KB\)](#) (NRCNAA/University of North Dakota Center for Rural Health)
- Cancer
 - [Cancer Screening Practices Among American Indian and Alaska Native Elders \(PDF, 50 KB\)](#) (NRCNAA/University of North Dakota Center for Rural Health)
 - Native American Elders Diagnosed with Cancer (Native American Cancer Research)
 - [Access to Quality Care \(PDF, 1.13 MB\)](#)
 - [Decisions, Coping and Communication \(PDF, 1.4 MB\)](#)
 - [What Is This All About? \(PDF, 861 KB\)](#)
 - [Transportation and Financial Resources \(PDF, 1.65 KB\)](#)
 - [Spirituality \(PDF, 1.16 MB\)](#)
- Diabetes
 - [The Prevalence of Diabetes in American Indian Elders](#) (National Indian Council on Aging)
- Elder Abuse
 - [Elder Abuse in Indian Country](#) (National Center on Elder Abuse)
- End-of-Life (Palliative Care)
 - [A Look at End-of-Life Care Issues for Native Americans \(PDF, 75.1 KB\)](#) (National Cancer Institute, NIH)
This article takes a look at end-of-life care issues for this population as it relates to cancer as well as other diseases.
- Exercise
 - [Well-Balanced](#) (Wise Elders Living Longer)
WELL-Balanced (Wise Elders Living Longer) is a health promotion program designed to be carried out by volunteer coaches. It provides community support for Native elders with diabetes, arthritis, and hypertension, as well as helping elders reduce their risk of falling.
- General
 - [NativeWeb Health and Elder Resources](#) (NativeWeb)

[American Indian Health, Elders](https://americanindianhealth.nlm.nih.gov/elders_health.html)

https://americanindianhealth.nlm.nih.gov/elders_health.html

Health Reach



[Health Reach:](https://healthreach.nlm.nih.gov/)

<https://healthreach.nlm.nih.gov/>

- Multiple language
- Health education materials in various languages and formats
- Provider information
- Special collections on women's health, substance abuse, and mental health
- National collaboration
- Submit your resources

NLM Drug Resources

Drug Information Portal
Quick Access to Quality Drug Information

United States National Library of Medicine
National Institutes of Health

Home News and Features NLM Resources NLM Research Resources Resources by Audience / Class Other Resources

Mobile Site

Search
DRUG INFORMATION PORTAL

Information available for 63,203 drugs.

☒ By Name ☐ By Category

- ▶ Show examples.
- ▶ Show drug category descriptions.
- ▶ Show top "By Name" searches (previous seven days).
- ▶ Show top "By Category" searches (previous seven days).
- ▶ Show top dispensed prescriptions in the US Market, 2010.
- ▶ Show common drug names list.
- ▶ Show category names list.
- ▶ Show generic name stems list.
- ▶ Show list of resources searched.

Site Map, Contact Us, Copyright, Privacy, Accessibility
U.S. National Library of Medicine, 6600 Rockville Pike, Bethesda, MD 20894
National Institutes of Health, Health & Human Services
Freedom of Information Act
Drug Information Portal Mobile Site
Last updated: Mar 2016

USA.gov

[Drug Information Portal](https://druginfo.nlm.nih.gov/drugportal/)
<https://druginfo.nlm.nih.gov/drugportal/>

Pillbox rapid identification, reliable information
United States National Library of Medicine
National Institutes of Health

Home About FAQ Developer Contact Us

Identify or Search for a Pill

Imprint: letters or numbers on either side of the pill
☐ Pill does not have an imprint.

Shape: Select Shape

Color: Select Color

Size: Select Size (search +/- 2mm)

Score: ☒ Unknown ☐ 1 ☐ 2 ☐ 3 ☐ 4

Drug Name or Ingredient(s):

Inactive Ingredient(s):
☐ Find pills WITHOUT this ingredient.

Label Author:

DEA Schedule: Select DEA Schedule

Product Code: -

☒ Do not search repackaged and relabeled medications.

Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

Explore



Pillbox's image explorer is a photo album for pills. Sort by color, shape, size, scoring, and the text printed on the pill.

(requires Adobe Flash and will not run on some mobile devices)

Pillbox

<https://pillbox.nlm.nih.gov/pillimage/search.php>

National Center for Complementary and Integrative Health

U.S. Department of Health and Human Services | National Institutes of Health

NIH National Center for Complementary and Integrative Health

Search NCCIH

NIH...Turning Discovery Into Health

Información en Español

Health Info | Research | Grants & Funding | Training | News & Events | About NCCIH

Health

All Health Topics from A-Z
Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health
What do these terms mean?

Be Informed
Learn how to make wise health decisions.

Herbs at a Glance
Uses and side effects of herbs and botanicals.

How To Find a Practitioner
Information on seeking treatment.

Information for Health Care Providers
Evidence-based medicine, continuing education, clinical practice guidelines, and more.

Featured Health Topics

- Skin Conditions (August 2016)
- Musculoskeletal Inflammation and Natural Products (July 2016)
- Men's Health (June 2016)



Pain: U.S. Military and Veterans

Veterans endure higher pain severity than nonveterans. View the data from the 2010-2014 National Health Interview Survey.

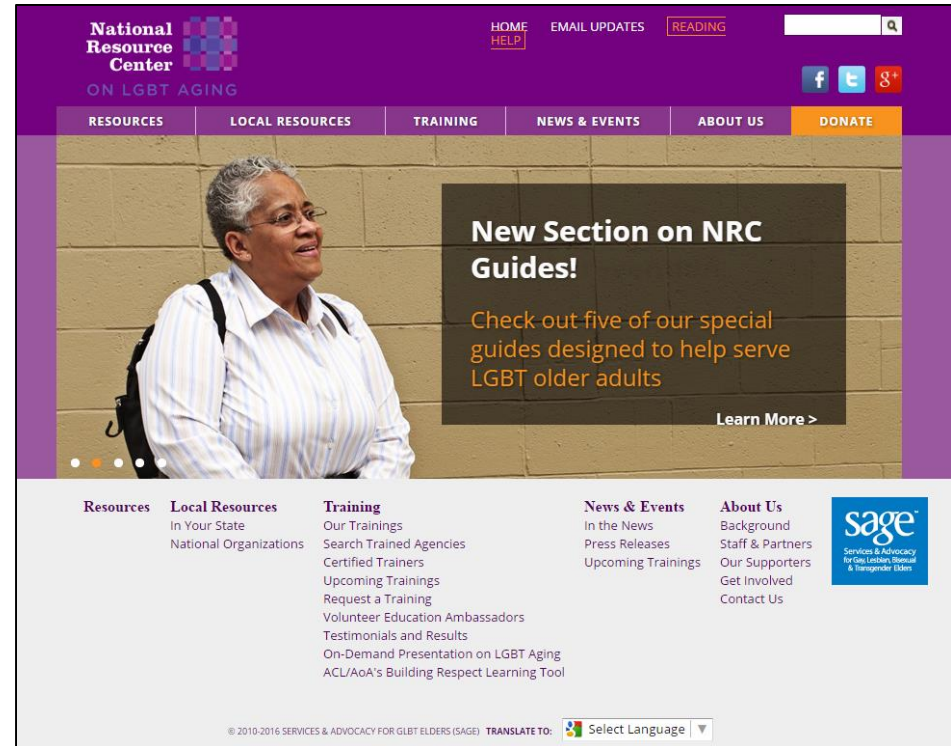
[Learn more](#)

[NCCIH](https://nccih.nih.gov/)

<https://nccih.nih.gov/>

Gay, Lesbian, Bisexual and Transgender Elders

- Specific issues for LGBT older adults:
- HIV and Aging
- Medicaid & Medicare
- Coming Out Later in Life




[National Resource Center on LGBT Aging](http://www.lgbtagingcenter.org/)

<http://www.lgbtagingcenter.org/>

Eldercare Locator

Department of Health and Human Services

Search

 **eldercare locator**
Celebrating 20 Years
Connecting You to Community Services

1-800-677-1116

[Home](#) [About](#) [Resources](#)

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Find Help in your Community
You can start your search by selecting zip code OR city/state OR topic.

Search by Location *or* **Search by Topic**

Zip Code:

or

City: State:

Adult Day Program
Alzheimer's Disease
Behavioral Health
Caregiver
Elder Abuse Prevention
Financial Assistance
Food & Nutrition
Health Insurance
Healthy Aging
Home Repair & Modification
Housing Options
In-Home Services
Legal Assistance
Long Term Care
Nursing Home & LTC Facilities

[Resize Text](#) [Email Page](#)
[Printer Friendly](#)

[Find us on Facebook](#)

Online Chat

Have a question? Speak with an Information Specialist
Monday-Friday 9am-8pm ET.
[Start Online Chat.](#)

Media Spotlight

Before You Give Up the Keys
Create a Roadmap for Transportation Independence

[Eldercare Locator](http://eldercare.gov/Eldercare.NET/Public/Index.aspx)

<http://eldercare.gov/Eldercare.NET/Public/Index.aspx>

Nursing Home Compare

Español | A A A | Print

About Us | Glossary | CMS.gov | Medicare.gov | MyMedicare.gov Login

Medicare.gov | Nursing Home Compare

The Official U.S. Government Site for Medicare

[Nursing Home Compare Home](#) [About Nursing Home Compare](#) [About the data](#) [Resources](#) [Help](#)

Home [Share](#)

Find a nursing home

A field with an asterisk (*) is required.

* **Location**
Example: 45802 or Lima, OH or Ohio

Nursing home name (optional)

[Search](#)



Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. [States may collect and post](#) additional information that isn't collected by the federal government. Before you get started, you or your family might also consider [Alternatives to Nursing Homes](#).

[Nursing Home Compare](https://www.medicare.gov/nursinghomecompare/search.html)

<https://www.medicare.gov/nursinghomecompare/search.html>

Talking to Doctors: The New World Order

- Before 1972, doctors told patients what they wanted patients to know, and what they wanted patients to do.
- 1972 – AHA Patient Bill of Rights
 - “The patient has the right and is encouraged to obtain from physicians and other direct caregivers relevant, current, and understandable information about his or her diagnosis, treatment, and prognosis.”



Video encourages questions

- Think about it
- Ask about it
- Talk about it



[10 – SecMedSchool videos](https://www.youtube.com/watch?v=IJOYjpwtIBQ&list=PLFP44u_0PAffXQeT3Mh7fX7RBZRJZInuQ)

https://www.youtube.com/watch?v=IJOYjpwtIBQ&list=PLFP44u_0PAffXQeT3Mh7fX7RBZRJZInuQ

Prepare for Next Doctor Visit

- Write down questions and concerns
- Don't be afraid to ask for information to be repeated or to clarify
- Bring a friend or family member along
- Bring paper and pencil along
- Bring a recording device (phone)
- Have the doctor write the information down (legibly)
- Review information before leaving
- Ask about Personal Health Record availability
- Ask if there is someone to help with information such as a librarian at the hospital, university or a public health librarian



NIH Senior Health

Talking with Your Doctor

Skip Navigation Help Search Go

Home Health Topics A-Z Videos A-Z About Us Customer Support

NIH Senior Health

Built with You in Mind

Resize Text: A A A Change Contrast

Print Sign Up Share

Home > Health Topics A-Z > Talking With Your Doctor: Planning Your Doctor Visit

In This Topic

- Planning Your Doctor Visit
- Your Visit To The Doctor
- Discussing Sensitive Topics
- Hospital Stays And ER Visits
- Asking Questions
- After A Diagnosis
- Treatments And Surgery
- Discussing Prevention
- Talking With A Specialist
- In Case Of A Serious Illness
- Frequently Asked Questions

Talking with Your Doctor

Planning Your Doctor Visit

A Partnership

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, talking with your doctor isn't always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good doctor relationship is a partnership. You and your doctor can work as a team.

Creating a basic plan before you go to the doctor can help you make the most of your visit. The tips in this chapter will make it easier for you and your doctor to cover everything you need to talk about.

(Watch the video to get tips on planning for your doctor visit. To enlarge the video, click the brackets in the lower right-hand corner. To reduce the video, press the Escape (Esc) button on your keyboard.)

Make a List (Talking with Your Doctor)



Tips for Talking With Your Doctor

Keeping Track of Your Medicines

This chart can help you keep track of the different medicines, vitamins and over-the-counter drugs you take. Because your medications may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.

Date: _____

Name of Drug	What It's For	Date Started	Doctor	Color/Shape	Dose (How Much/How Often)	Instructions

NIH National Institute on Aging

For more resources on health and aging, visit: www.nia.nih.gov/health May 2014

< 1 of 2 >

[NIH Senior Health Talking with your doctor:](https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html)

<https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html>

Talking with Your Doctor

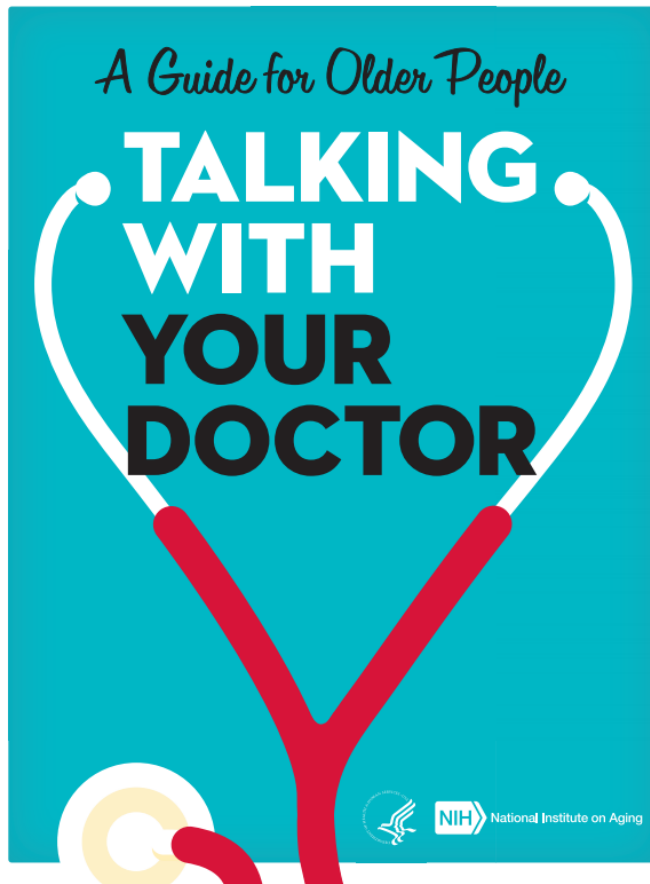


Table of Contents

Opening Thoughts: Why Does It Matter?

Getting Started: Choosing a Doctor You Can Talk To

How Should I Prepare? Getting Ready for an Appointment

What Can I Say? Giving Information

What Can I Ask? Getting Information

How Can I Be Involved? Making Decisions With Your Doctor

Asking More Questions: Talking to Doctors in Special Situations

Changing the Subject: Practical Matters

Can I Really Talk About That? Discussing Sensitive Subjects

Who Else Will Help? Involving Your Family and Friends

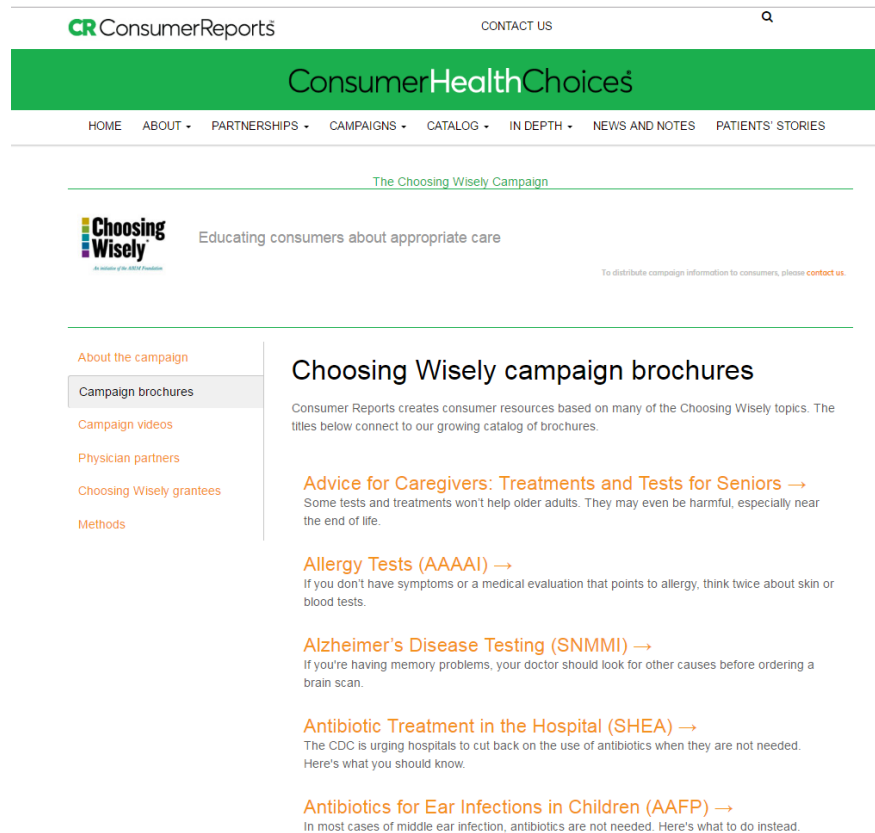
Additional Resources: For More Information

For Your Convenience: Worksheets

[Guide to Talking with Your Doctor](https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter)

<https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter>

Consumer Health Choices



The screenshot shows the Consumer Health Choices website. At the top, there's a green header with the Consumer Reports logo and the text "ConsumerHealthChoices". Below this is a navigation bar with links: HOME, ABOUT, PARTNERSHIPS, CAMPAIGNS, CATALOG, IN DEPTH, NEWS AND NOTES, and PATIENTS' STORIES. The main content area is titled "The Choosing Wisely Campaign" and features the Choosing Wisely logo with the tagline "Educating consumers about appropriate care". A sidebar on the left lists various campaign materials: About the campaign, Campaign brochures (highlighted), Campaign videos, Physician partners, Choosing Wisely grantees, and Methods. The main content area is titled "Choosing Wisely campaign brochures" and lists several brochures with links: "Advice for Caregivers: Treatments and Tests for Seniors", "Allergy Tests (AAAAI)", "Alzheimer's Disease Testing (SNMMI)", "Antibiotic Treatment in the Hospital (SHEA)", and "Antibiotics for Ear Infections in Children (AAFP)".

CR ConsumerReports CONTACT US

ConsumerHealthChoices

HOME ABOUT PARTNERSHIPS CAMPAIGNS CATALOG IN DEPTH NEWS AND NOTES PATIENTS' STORIES

The Choosing Wisely Campaign

Choosing Wisely
Educating consumers about appropriate care

To distribute campaign information to consumers, please [contact us](#).

About the campaign

Campaign brochures

Campaign videos

Physician partners

Choosing Wisely grantees

Methods

Choosing Wisely campaign brochures

Consumer Reports creates consumer resources based on many of the Choosing Wisely topics. The titles below connect to our growing catalog of brochures.

Advice for Caregivers: Treatments and Tests for Seniors →
Some tests and treatments won't help older adults. They may even be harmful, especially near the end of life.

Allergy Tests (AAAAI) →
If you don't have symptoms or a medical evaluation that points to allergy, think twice about skin or blood tests.

Alzheimer's Disease Testing (SNMMI) →
If you're having memory problems, your doctor should look for other causes before ordering a brain scan.

Antibiotic Treatment in the Hospital (SHEA) →
The CDC is urging hospitals to cut back on the use of antibiotics when they are not needed. Here's what you should know.

Antibiotics for Ear Infections in Children (AAFP) →
In most cases of middle ear infection, antibiotics are not needed. Here's what to do instead.

[Consumer Health Choices](http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials)

<http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials>

Buying Health Products/Services Online

The screenshot shows the Federal Trade Commission's website with a focus on consumer information. The header includes the FTC logo, a search bar, and a language selector for Spanish. A left sidebar contains navigation links for various consumer topics, with 'HEALTH & FITNESS' highlighted. The main content area is titled 'Health & Fitness' and includes an introductory paragraph about the competitive market for health products. Below this is a featured graphic titled 'MIRACLE CURES?' with an illustration of a leaf and pills, and a link to 'Get tips for evaluating health claims.' To the right, a 'Related Items' section features a carousel with a 'Free Trials Can Cost You' warning and a list of related topics including diet ads, cancer treatment scams, online reviews, indoor tanning, and dietary supplements. A 'Recent Blog Posts' section is partially visible at the bottom right.

FEDERAL TRADE COMMISSION

ESPAÑOL

Search

CONSUMER INFORMATION

MONEY & CREDIT

HOMES & MORTGAGES

HEALTH & FITNESS

Healthy Living

Treatments & Cures

Weight Loss & Fitness

JOBS & MAKING MONEY

PRIVACY, IDENTITY & ONLINE SECURITY

BLOG

VIDEO & MEDIA

Health & Fitness

Vea esta página en español

The market is swimming in products and services for fitness and health, making the competition for your business more fierce than ever. Learn how to decode ads for products that promise to cure everything from baldness and cancer to diabetes and dementia, and for services that say they will shape you up, restore your youthful glow, and turn those abs into a well-defined six pack.

MIRACLE CURES?

Get tips for evaluating health claims.

Healthy Living

When you're shopping for health insurance, beauty products, or other health-related goods, it pays to do some research before you spend any money.

Treatments & Cures

When it comes to treatments for health conditions, it can be tough to tell useful products and services from those that don't work or aren't safe. It's unlikely that a supposed 'cure-all' can cure anything.

Weight Loss & Fitness

Related Items

Free Trials Can Cost You

- Weighing the Claims in Diet Ads
- Cancer Treatment Scams
- Online Reviews and Recommendations
- Indoor Tanning
- Dietary Supplements

Recent Blog Posts

[OnGuardOnline.gov buying health products:](https://www.consumers.gov/buying-health-products)

<https://www.consumer.ftc.gov/topics/health-fitness>

Caregivers



- Almost half are over age 50
 - 1/3 fair to poor health
- Caregiving causes heavy emotional, physical and financial toll
- Experience conflicting emotions
- 22% caregivers taking care of 2
- 8% caregivers taking care of 3 or more

[Administration on Aging, National Family Caregiver Support Program](http://www.aoa.acl.gov/AoA_Programs/HCLTC/Caregiver/)

http://www.aoa.acl.gov/AoA_Programs/HCLTC/Caregiver/

Caregivers MedlinePlus topic page

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → [Health Topics](#) → [Caregivers](#)

Caregivers

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none">SummaryStart HereLatest News	<ul style="list-style-type: none">Related IssuesSpecifics	<ul style="list-style-type: none">No links available


Research	Resources	For You
<ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	<ul style="list-style-type: none">Find an Expert	<ul style="list-style-type: none">ChildrenTeenagersSeniorsPatient Handouts

Summary

Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Some caregivers are family members. Others are paid. They do many things:

- Shop for food and cook
- Clean the house
- Pay bills
- Give medicine
- Help the person go to the toilet, bathe and dress
- Help the person eat
- Provide company and emotional support

Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week. If you're caring for someone with mental problems like *Alzheimer's disease* it can



Get Caregivers updates by email

MEDICAL ENCYCLOPEDIA

[Bathing a patient in bed](#)
[Moving a patient from bed to a wheelchair](#)
[Pulling a patient up in bed](#)
[Turning patients over in bed](#)

[Related Health Topics](#)

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → [Health Topics](#) → [Alzheimer's Caregivers](#)

Alzheimer's Caregivers

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none">SummaryStart Here	<ul style="list-style-type: none">Related IssuesSpecifics	<ul style="list-style-type: none">Videos and Tutorials

Research	Resources	For You
<ul style="list-style-type: none">Statistics and ResearchJournal Articles	<ul style="list-style-type: none">Reference DeskFind an Expert	<ul style="list-style-type: none">Patient Handouts

Summary

Caring for someone who has *Alzheimer's disease* (AD) can be stressful and overwhelming. It's important to take care of yourself. Ask for and accept help.


Talk to the doctor. Find out what treatments might help control symptoms or address behavior problems. Find a support group. Others who have "been there" may be able to help and will understand.

If there are times of day that the person is less confused or more cooperative, take advantage of that in daily routines. Consider using adult day care or respite services. These offer a break with the peace of mind that the patient is being taken care of. Begin to plan for the future. This may include

- Getting financial and legal documents in order
- Looking into assisted living or nursing homes
- Finding out what your health insurance and Medicare will cover

NIH: National Institute on Aging

[Start Here](#)



Get Alzheimer's Caregivers updates by email

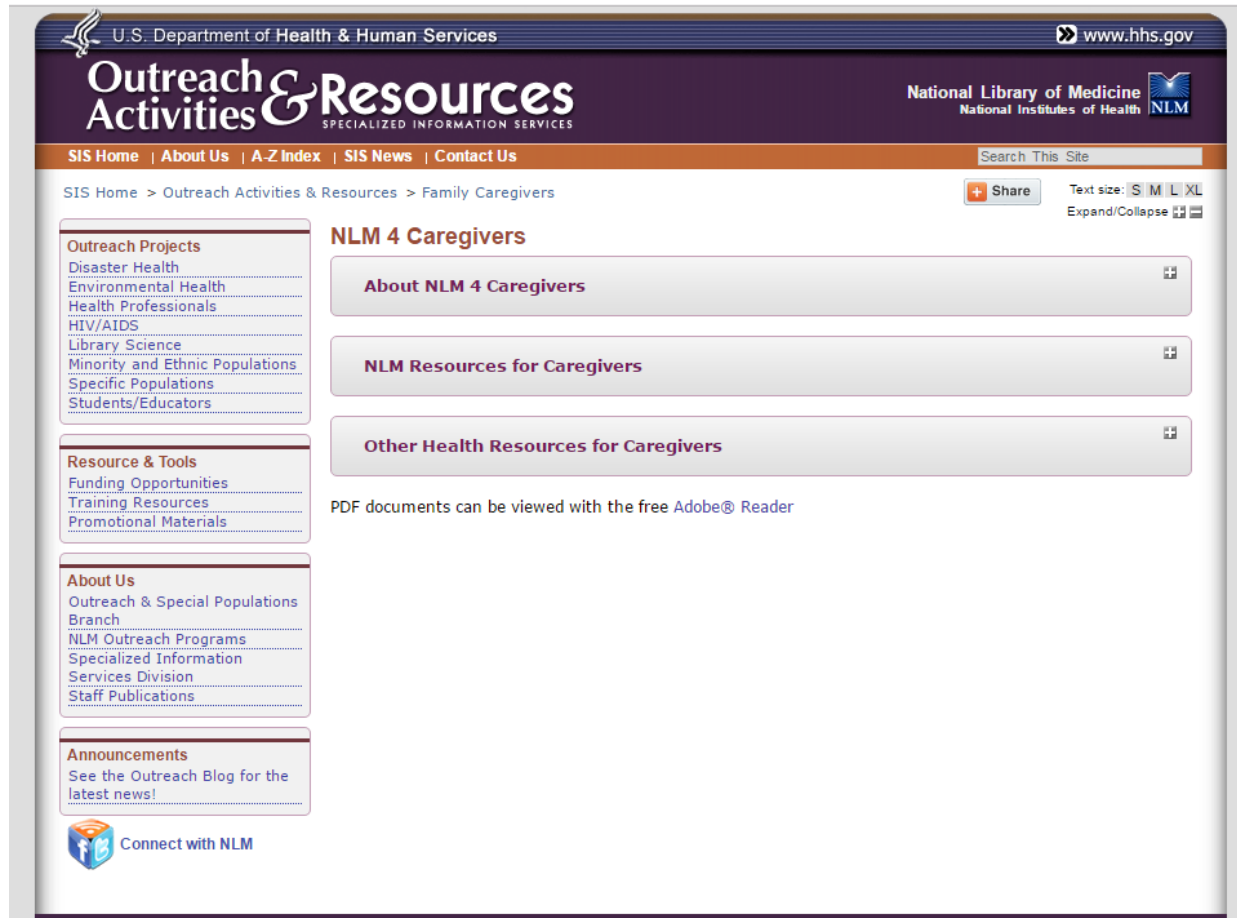
MEDICAL ENCYCLOPEDIA

[Dementia - home care](#)

[Related Health Topics](#)

[Alzheimer's Disease](#)

NLM 4 Caregivers



The screenshot shows the 'Outreach Activities & Resources' page for NLM 4 Caregivers. The header includes the U.S. Department of Health & Human Services logo and the NLM logo. The main navigation bar contains links for 'SIS Home', 'About Us', 'A-Z Index', 'SIS News', and 'Contact Us'. A search bar is located on the right. The left sidebar contains four sections: 'Outreach Projects' (with links to Disaster Health, Environmental Health, Health Professionals, HIV/AIDS, Library Science, Minority and Ethnic Populations, Specific Populations, and Students/Educators), 'Resource & Tools' (with links to Funding Opportunities, Training Resources, and Promotional Materials), 'About Us' (with links to Outreach & Special Populations Branch, NLM Outreach Programs, Specialized Information Services Division, and Staff Publications), and 'Announcements' (with a link to the Outreach Blog). The main content area is titled 'NLM 4 Caregivers' and contains three expandable sections: 'About NLM 4 Caregivers', 'NLM Resources for Caregivers', and 'Other Health Resources for Caregivers'. A note at the bottom states 'PDF documents can be viewed with the free Adobe® Reader'. A 'Connect with NLM' section at the bottom left features social media icons for Facebook and Twitter.

U.S. Department of Health & Human Services

www.hhs.gov

Outreach Activities & Resources
SPECIALIZED INFORMATION SERVICES

National Library of Medicine
National Institutes of Health NLM

SIS Home | About Us | A-Z Index | SIS News | Contact Us

Search This Site

SIS Home > Outreach Activities & Resources > Family Caregivers

+ Share Text size: S M L XL Expand/Collapse

Outreach Projects
Disaster Health
Environmental Health
Health Professionals
HIV/AIDS
Library Science
Minority and Ethnic Populations
Specific Populations
Students/Educators

Resource & Tools
Funding Opportunities
Training Resources
Promotional Materials

About Us
Outreach & Special Populations Branch
NLM Outreach Programs
Specialized Information Services Division
Staff Publications

Announcements
See the Outreach Blog for the latest news!

NLM 4 Caregivers

About NLM 4 Caregivers

NLM Resources for Caregivers

Other Health Resources for Caregivers

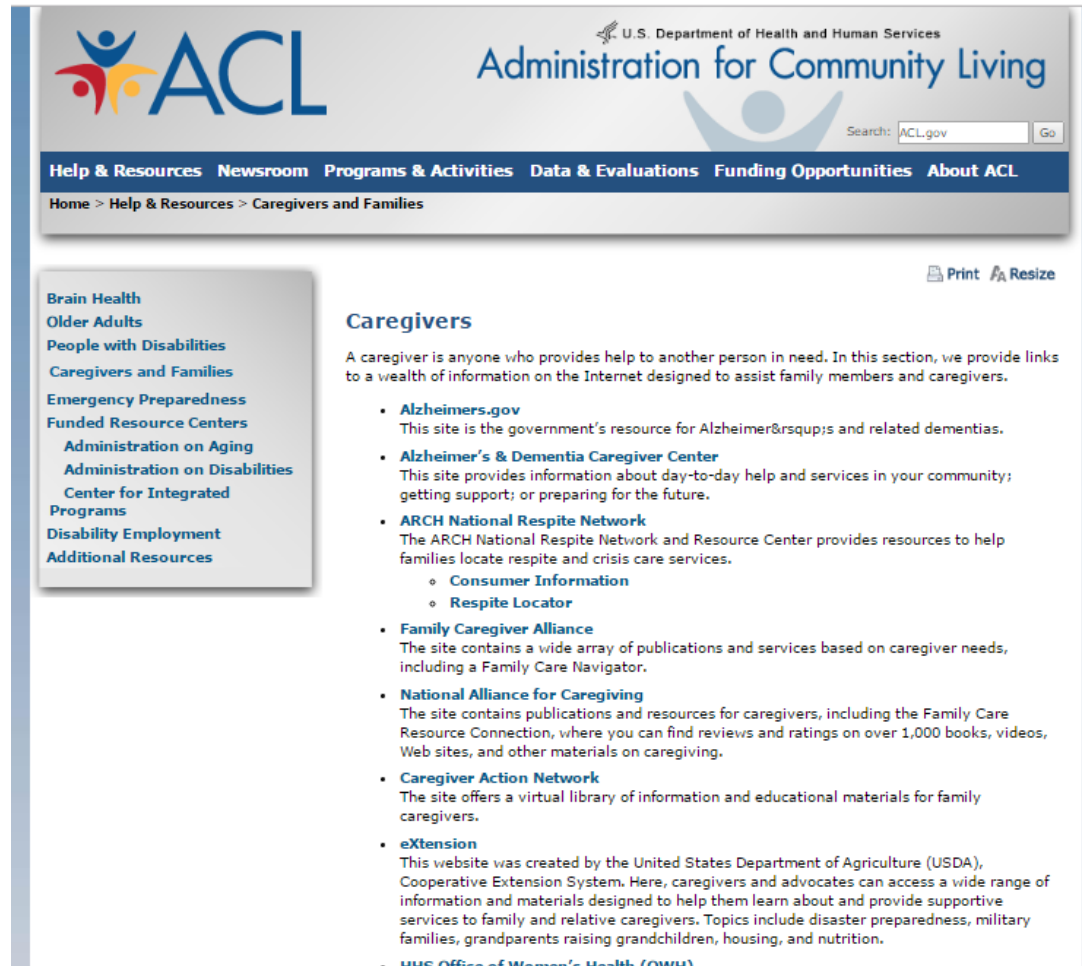
PDF documents can be viewed with the free Adobe® Reader

Connect with NLM

[NLM4Caregivers](https://sis.nlm.nih.gov/outreach/caregivers.html)

<https://sis.nlm.nih.gov/outreach/caregivers.html>

Administration for Community Living



The screenshot shows the ACL website header with the logo, U.S. Department of Health and Human Services, and the title 'Administration for Community Living'. A search bar is present. The navigation menu includes 'Help & Resources', 'Newsroom', 'Programs & Activities', 'Data & Evaluations', 'Funding Opportunities', and 'About ACL'. The breadcrumb trail reads 'Home > Help & Resources > Caregivers and Families'. A left sidebar lists various topics, with 'Caregivers and Families' highlighted. The main content area is titled 'Caregivers' and includes an introductory paragraph and a bulleted list of resources.

ACL U.S. Department of Health and Human Services
Administration for Community Living

Search: ACL.gov

Help & Resources Newsroom Programs & Activities Data & Evaluations Funding Opportunities About ACL

Home > Help & Resources > Caregivers and Families

Print Resize

Caregivers

A caregiver is anyone who provides help to another person in need. In this section, we provide links to a wealth of information on the Internet designed to assist family members and caregivers.

- **Alzheimers.gov**
This site is the government's resource for Alzheimer's and related dementias.
- **Alzheimer's & Dementia Caregiver Center**
This site provides information about day-to-day help and services in your community; getting support; or preparing for the future.
- **ARCH National Respite Network**
The ARCH National Respite Network and Resource Center provides resources to help families locate respite and crisis care services.
 - **Consumer Information**
 - **Respite Locator**
- **Family Caregiver Alliance**
The site contains a wide array of publications and services based on caregiver needs, including a Family Care Navigator.
- **National Alliance for Caregiving**
The site contains publications and resources for caregivers, including the Family Care Resource Connection, where you can find reviews and ratings on over 1,000 books, videos, Web sites, and other materials on caregiving.
- **Caregiver Action Network**
The site offers a virtual library of information and educational materials for family caregivers.
- **eXtension**
This website was created by the United States Department of Agriculture (USDA), Cooperative Extension System. Here, caregivers and advocates can access a wide range of information and materials designed to help them learn about and provide supportive services to family and relative caregivers. Topics include disaster preparedness, military families, grandparents raising grandchildren, housing, and nutrition.
- **HHS Office of Women's Health (OWH)**

[ACL Caregiver Resources](https://acl.gov/Get_Help/Help_Caregivers/Index.aspx)

https://acl.gov/Get_Help/Help_Caregivers/Index.aspx

Library Programs / Services



Technology Barriers

- Physical challenges to using technology
 - 2 in 5 seniors report physical or health condition makes daily life difficult
- Skeptical attitudes about the benefits of technology
 - 35% felt they were not missing out on important information versus 18% who do
- Difficulties learning to use new technologies
 - Significant number felt they needed assistance, 77% who felt uncomfortable versus 18% who felt comfortable
 - However, once adapted, seniors comfortable 71% use technology everyday

[2014 Pew report on Older Adults and Technology Use](http://www.pewinternet.org/files/2014/04/PIP_Seniors-and-Tech-Use_040314.pdf)

http://www.pewinternet.org/files/2014/04/PIP_Seniors-and-Tech-Use_040314.pdf



Why Teach Health on the Internet to Older Adults

- Bridge Digital Divide
- Increase confidence
- Increase knowledge of health conditions and healthy lifestyles
- Help people know how to talk to doctors
- Increase skills in evaluating health information resources
- Seniors are eager to learn



Teaching Tips

- Provide hands-on practice and repetition
- Use health topics they are interested in (HBP)
- Provide regular access to computers
- Teach small groups, low teacher/student ratio



Teaching Resources

- Beanworks: Computers, Older Adults, and Libraries
 - Carol Bean, Palm Beach County Library
 - Includes mousing tutorials
 - Helpful articles
 - Other training materials

[Beansworks](http://beanworks.clbean.com/computers-older-adults-and-libraries/)

<http://beanworks.clbean.com/computers-older-adults-and-libraries/>



More Teaching Resources

- NIHSeniorHealth: Helping Older Adults Search for Health Information Online:



Featuring Health Information from the National Institutes of Health

[A Toolkit for Trainers](http://nihseniorhealth.gov/toolkit/toolkit.html)

<http://nihseniorhealth.gov/toolkit/toolkit.html>

Program Ideas

- Fitness classes
- Relationships/sexual health
- Specific health conditions
- Managing medications
- Medicare
- Choosing nursing homes/assisted living
- Brain health
- Health website evaluation
- Caregiving
- End of Life planning
- Creating a safe home
- Hospice
- Health fraud
- Alternative medicines
- Health tools
- Talking to your doctor
- Story Corp model

Older Americans Month



OLDER AMERICANS MONTH

Home History Materials Activity Ideas Stories Resources

KNOW YOUR RIGHTS STAY ENGAGED STRIVE FOR WELLNESS EXPLORE NEW THINGS

[Home](#) | Older Americans Month 2017

Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

Quick Links: [Materials](#) | [Activity Ideas](#) | [Resources](#)

#OAM17
#AgeOutLoud

Site Support Contact Us Privacy Notice Accessibility Viewers & Players Disclaimers	Points of Interest FOIA Plain Writing No Fear Act	Partner Sites ACL.gov HHS.gov USA.gov
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AoA Administration on Aging **ACL** Administration for Community Living

[Older Americans Month:](https://oam.acl.gov/)
<https://oam.acl.gov/>

Collaborate!

- You can't do it alone.
- Senior organizations:
 - Area Agencies on Aging
 - Disease specific organizations (Alzheimer's Assoc.)
 - Neighborhood senior centers
 - Faith Communities
 - Hospitals and Clinics
 - University Health Science Libraries
 - Social Service agencies / Public Health
 - American Society on Aging / National Council on Aging
 - Government agencies (city, county, state, federal)

How do I find partners?

- [NNLM Membership Directory](#)
 - <https://nnlm.gov/members/directory>
- [2-1-1](#) a free service to help locate local resources
 - <http://www.211.org/>



The Consumer Health Reference Interview and Ethical Issues

- Provide welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Provide referrals

[Consumer Health Reference Interview and Ethical Issues](https://nnlm.gov/professional-development/topics/ethics)

<https://nnlm.gov/professional-development/topics/ethics>

NNLM PNR

- Free membership
- Free classes/webinars
- Free brochures and tools
- Funding
- Customized training
- Opportunities for input
- Gateway to NLM and NIH



[NNLM PNR](https://nnlm.gov/pnr): <https://nnlm.gov/pnr>

Questions?



Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
martinc4@uw.edu



National Network of Libraries of Medicine
Pacific Northwest Region (NNLM PNR)

Presentation Resources

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>

